

# FARMINGTON CITY

## Job Description

<b>Title:</b>	Group Fitness Instructor	<b>Code:</b>	
<b>Department:</b>	Parks and Recreation	<b>Pay:</b>	\$15-\$20 per class
<b>Division:</b>	Gymnasium	<b>Effective Date:</b>	June 30, 2017

### GENERAL PURPOSE

Group Fitness instructor performs responsible work related to providing instruction for group fitness classes. Perform instruction for classes such as yoga, high intensity interval training, high/low impact aerobics etc.

### SUPERVISION RECEIVED

Works under the close supervision of the Gym Manager.

### SUPERVISION EXERCISED

None

### ESSENTIAL FUNCTIONS

Teaches scheduled classes in specialized area  
Begin and end classes within scheduled time frame  
Provide adequate warm-up, exercises, cool down, and stretching  
Prepares appropriate equipment and necessary materials for classes taught  
Assists members and patrons, answers questions, and maintains a positive exercise experience for class participants  
Keeps management informed of customer and facility needs  
Ensures safety and risk management guidelines are adhered to  
Performs others duties as assigned by Gym Manager

### MINIMUM REQUIREMENTS

#### Education and Experience:

Must have 2 years or more of group fitness/exercise teaching experience  
AFAA, NASM, or other fitness certification preferred

#### Required Knowledge, Skills, and Abilities:

**Knowledge** of basic fitness music choreography; basic interpersonal communication skills and basic principles and practices of group fitness. Strong organizational skills and attention to detail.

**Ability to** establish and maintain effective working relationships with patrons and other employees, young people adults and seniors, ability to communicate effectively verbally and in writing, and give excellent customer service and make decisions.

Performs related duties as required

### WORK ENVIRONMENT

Tasks require various physical activities such as walking, running, jumping, sitting, bending, reaching, lifting up to 50 pounds. Frequent communicating with the public requiring the ability to talking, hearing and seeing with certain aspects for the job eligible for accommodation. Mental application utilizes memory for details, verbal instructions, emotional stability, and discriminating thinking.

### HIRING POLICIES

Farmington City Corporation is an Equal Opportunity Employer. Farmington City will not base its hiring decisions on non-meritorious factors such as race, color, national origin, sex, religion, and race. Farmington City will not refuse to hire a disabled individual who is capable of performing the essential requirements of the position with reasonable accommodations when they do not create undue hardship.

Any applicant who is chosen as the top candidate for the position will be required to submit to a physical examination to determine if he/she is able to perform job-related functions. Hiring is also conditioned upon submission to and successfully passing a blood and urine test to screen for the presence of drugs and alcohol.